**FAMILY FOR ALL TAE KWON DO**

This class is open to anyone of any skill level, who is over the age of 10. Children under 10 may also participate in the class if they are accompanied by another older family member who is taking the class.

**Days:** Monday/Saturday  
**Dates:** 4/1 to 5/25  
**Times:** Mon: 7pm-8pm  
Sat: 2pm-3pm  
**FEE:** Member: $48 per person  
Nonmember: $60 per person

---

**BEGINNING TAE KWON DO**

This is an introductory course for children who would like to explore the martial arts. No prior experience necessary.

**Ages:** 5 to 12 years old  
**Day:** Saturday  
**Dates:** 4/6 to 5/25  
**Time:** 1pm – 2pm  
**FEE:** Member: $30  
Nonmember: $42

---

**KARATE**

This class will introduce beginners to the basics of Shotokan karate and deepen the practice of intermediate and advanced students. Emphasizes building focus, strength, and self-defense skills. Children aged 10-12 should get permission from the instructors before signing up.

**Ages:** 10+ years old  
**Day:** Tuesday/Thursday  
**Dates:** 4/2 to 5/23  
**Times:** 6:30pm – 7:30pm  
**FEE:** Member: $48  
Nonmember: $60

---

**TAI CHI FOR ARTHRITIS & FALLS PREVENTION**

Led by Barbara Conover, a Tai Chi for Health Institute certified instructor. Tai Chi for Arthritis has been shown to improve balance, increase muscular strength, improve mobility and flexibility, decrease pain, and prevent falls. Each session includes Tai Chi principles, including those relating to improving physical and mental balance, breathing techniques, and progression towards completion of the basic core movements and advanced extension movements. Target audience is adults with or without arthritis and is appropriate for adults without arthritis who have a higher risk of falling.

**Days:** Monday  
**Dates:** 4/1 to 5/20  
**Times:** 12pm to 1pm  
**FEE:** Member: $35  
Nonmember: $47

---

**TAI CHI**

This meditative exercise promotes relaxation, leg strength, and balance. This class is suitable for all skill levels.

**Ages:** 12+ years old  
**Day:** Saturday  
**Dates:** 4/6 to 5/25  
**Time:** 9am to 10am  
**FEE:** Member: $30  
Nonmember: $42

---

**FENCING**

Combined class for beginner and advanced fencing. All are welcome. Equipment provided ($15 equipment fee due to instructor at first class) Taught by Jonathan Lee/Mark Lucas.

**Day:** Sunday  
**Dates:** 4/7 to 5/26  
**Time:** 5:30pm-6:30pm  
**FEE:** Member: $35  
Nonmember: $47

---

**DROP-INS WELCOME $10 EACH CLASS!**

---

**Open Hours:**  
Monday-Friday 6am-9pm  
Saturday 8am-8pm  
Sunday 11am-7pm

---

**Spring 2019 Programs Guide**

---

**740-592-3325**  
WWW.CI.ATHENS.OH.US  
701 E. STATE STREET, ATHENS, OHIO 45701
YOGA & Pilates

YOGA FOR ANY BODY, ANY WHERE
Experience traditional gentle yoga with exploration and safe use of exercise balls, therapy balls, therabands, chairs and myofascial self-care techniques! Increase core strength, flexibility, balance and meditative relaxation

Day: Wednesday
Dates: 4/3 to 5/22
Time: 5:30pm – 6:30pm
FEE: Member: $40
Nonmember: $52

YOGA OVER 50...NEVER TOO LATE TO START!
Beginners and experienced folks will gain strength, balance, flexibility and a renewed sense of Body Awareness no matter your Chronological Age, we’re enhancing our Biological One!

Day: Tuesday
Dates: 4/2 to 5/21
Time: 2pm – 3pm
FEE: Member: $40
Nonmember: $52

LABLAST DANCE FITNESS
LaBlast is a dance fitness program based on all the dances you see on ‘Dancing with the stars’. It uses a wide variety of music and it’s partner free. Anyone is welcome! Taught by Renee Smith.

Day: Wednesdays
Time: 6:45pm-7:45pm
Dates: 4/3 to 5/22
FEE: Member: $30
Nonmember: $42

ZUMBA FITNESS
Zumba is an interval workout of high & low intensity Latin and International inspired easy-to-follow dance moves designed to get your heart rate up & boost cardio endurance. Some resistance training used to tone and sculpt specific muscle groups. Taught by: Kim Knapp-Browne

Day: Thursday
Dates: 4/4 to 5/23
Time: 5:15pm – 6:25pm
FEE: Member: $30
Nonmember: $42

CORE DE FORCE
An empowering, core-focused workout, inspired by mixed martial arts. Combinations are broken into 3-minute rounds of punching, kicking, and jabbing, with some cardio spikes to raise your heart rate. A great workout for all ability levels! Taught by Katie Thompson.

Day: Mondays
Dates: 4/1 to 5/20
Time: 5:30pm – 6:30pm
FEE: Member: $30
Nonmember: $42

CLASSICAL PILATES MAT CLASSES
These classes follow the series of exercises developed by Joseph Pilates that builds core strength, improve alignment, create longevity and an enhanced zest for life.

Tuesday Class
Taught by James Skalsky
Dates: 4/2 to 5/21
Time: 9am to 10am
FEE: Member: $36
Nonmember: $48

Thursday Class
Taught by Karen Kilcoyne
Dates: 4/2 to 5/23
Time: 9am to 10am
FEE: Member: $36
Nonmember: $48

HATHA YOGA
INTERMEDIATE LEVEL
This class seeks to balance the practitioner’s mind and body through deepening body awareness in yoga poses. Ideal for people with previous experience in basic poses. Taught by Barbara Rostad.

Day: Wednesday
Dates: 4/3 to 5/22
Time: 8:30am–10am
FEE: Member: $52
Nonmember: $64

GRACEFUL YOGA
This class uses yoga as a powerful tool of transformation to achieve your personal goals. We will focus on asanas, breath work and inner practices to reduce stress, and enhance physical and mental well-being.

Day: Thursday
Dates: 4/4 to 5/23
Time: 11:15am–2:15pm
FEE: Member: $40
Nonmember: $52

ZUMBA PLUS TONING & SENTAO
The first half of this class is dedicated to Zumba dance while the second half concentrates on Zumba Toning and Sentao. Zumba Toning enhances the sense of rhythm and coordination while using hand weights for strengthening and toning the arms, core and lower body. Zumba Sentao combines strength and resistance training with dance fitness moves all centered around a chair while targeting legs, abs, glutes & arms; a unique way to challenge the muscles without having to lift weights. Taught by: Kim Knapp-Browne & Kim Rios

Day: Tuesday
Dates: 4/2 to 5/21
Time: 5:15pm – 6:25pm
FEE: Member: $30
Nonmember: $42

YOGA WALK
Join us for this new yoga/lifestyle class and immerse yourself in yoga, breath, stress resiliency via yoga techniques and walking! Indoor, outdoor, step, strength and relax

Day: Monday
Dates: 4/1 to 5/20
Time: 4pm–5:30pm
FEE: Member: $52
Nonmember: $64

TINY TUMBLING
Intro to beginner tumbling skills. Gives kids an introduction to the basics of tumbling and the proper way to stretch. For kids ages 3-5 years old. Taught by OU cheerleader, Ashley Able.

Day: Wednesdays
Time: 1pm–2pm
Dates: Session 1: 4/3 to 4/24
Session 2: 5/1 to 5/22
FEE: $25 per child

BOOTCAMP
Designed to increasingly challenge you with whole body and cardio exercises for all fitness levels. High intensity interval and circuit training.

Day: Tuesday/Thursday
Dates: 4/2 to 5/23
Time: 6:15am – 7:15am
FEE: Member: $50
Nonmember: $62